

MODULE 3

SELF-MANAGEMENT OF MENTAL HEALTH



Session 1: What is mental health?

**TRAINING PROGRAM FOR ENHANCING THE ADOPTION
OF MOBILE HEALTH BY PERSONS WITH MENTAL HEALTH PROBLEMS**



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OBJECTIVES



- 1. Self-assessment of the main strengths and weaknesses related to the self-management of mental health
- 2. Identifying the needs of each participant

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WHAT IS MENTAL HEALTH?

HOW WE **THINK**

HOW WE **FEEL**

HOW WE **BEHAVE**

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World Health Organisation



- Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.
- Mental health is more than the absence of mental disorders.
- Emotional and spiritual resilience, which allows you to experience joy and endure pain, frustration and sadness.

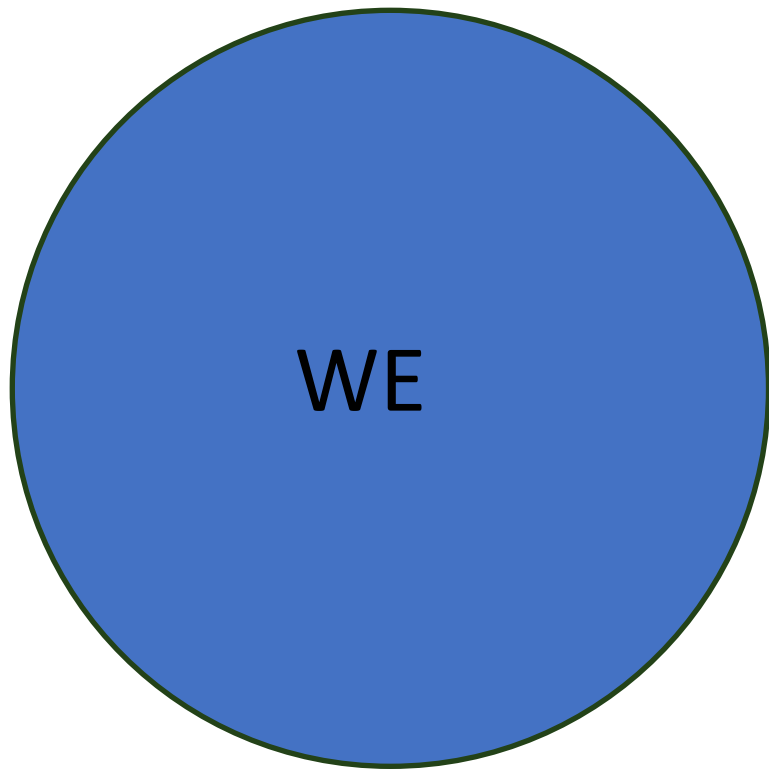
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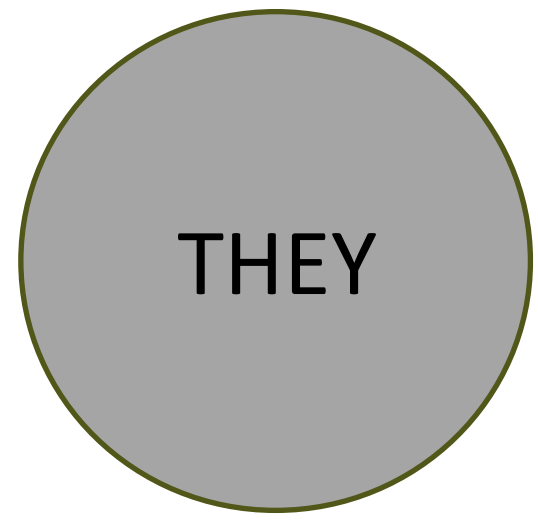
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GOOD MENTAL HEALTH



MENTAL HEALTH DIFFICULTIES



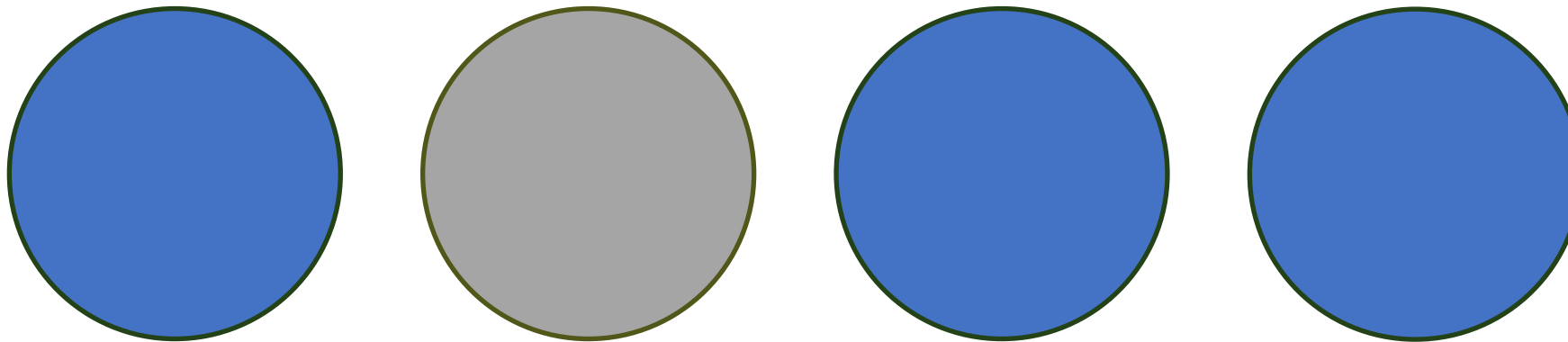
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1 in 4 EXPERIENCES MENTAL HEALTH DISORDERS



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MEDICAL MODEL

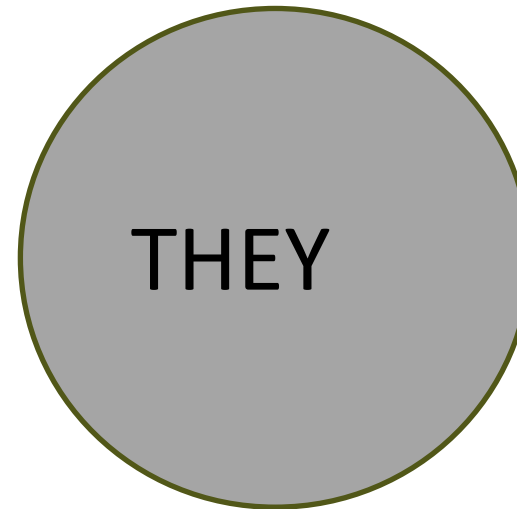
ILLNESS



TREATMENT



CURED



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MENTAL HEALTH CONTINUUM



I am feeling good,
can participate in
everyday life

I am feeling unwell,
it is hard to deal
with everyday life
difficulties

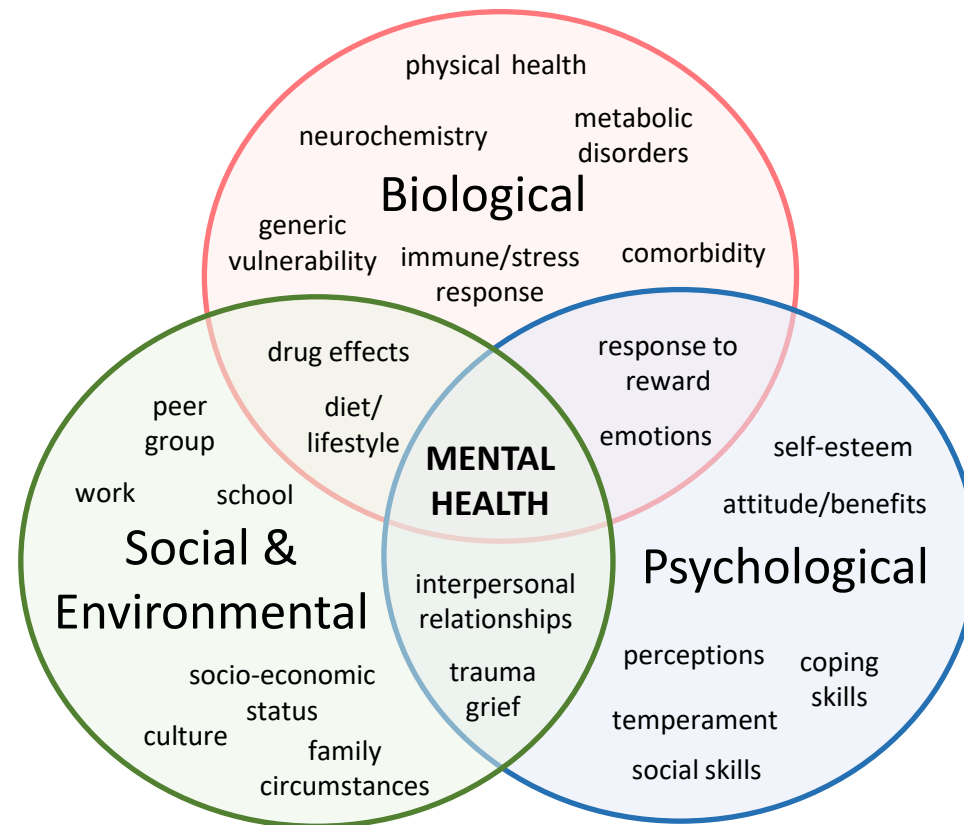
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BIOPSYCHOSOCIAL MODEL



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DEFINITIONS



MENTAL HEALTH DIFFICULTIES

MENTAL HEALTH DISORDERS

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10 minutes break

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SELF-MANAGEMENT OF MENTAL HEALTH

Session 2: Recovery

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MENTAL HEALTH CONTINUUM



I am feeling good,
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I am feeling unwell,
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RECOVERY



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RECOVERY



Recovery is NOT necessarily a cure or the absence of a condition, diagnosis or symptoms

It's more about learning to live with them and lead a fulfilling life in the presence of any one of these.

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RECOVERY



Recovery is NOT something that practitioners, families or care partners “do” to people. Recovery is an individual journey led by the person concerned

Those involved in the life of people with psychosocial or (and) intellectual disability can be coaches or support persons that can assist a person on their journey of recovery

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RECOVERY



Recovery from mental illness involves much more than recovery from the illness itself

A deeply personal, unique process of changing attitudes, values, feelings, goals, skills and/or roles.
Regaining control over identity and life.

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WHAT DOES RECOVERY MEAN TO YOU?

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Session 3: Learning to live with your condition

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SELF-MANAGEMENT



HEALTH



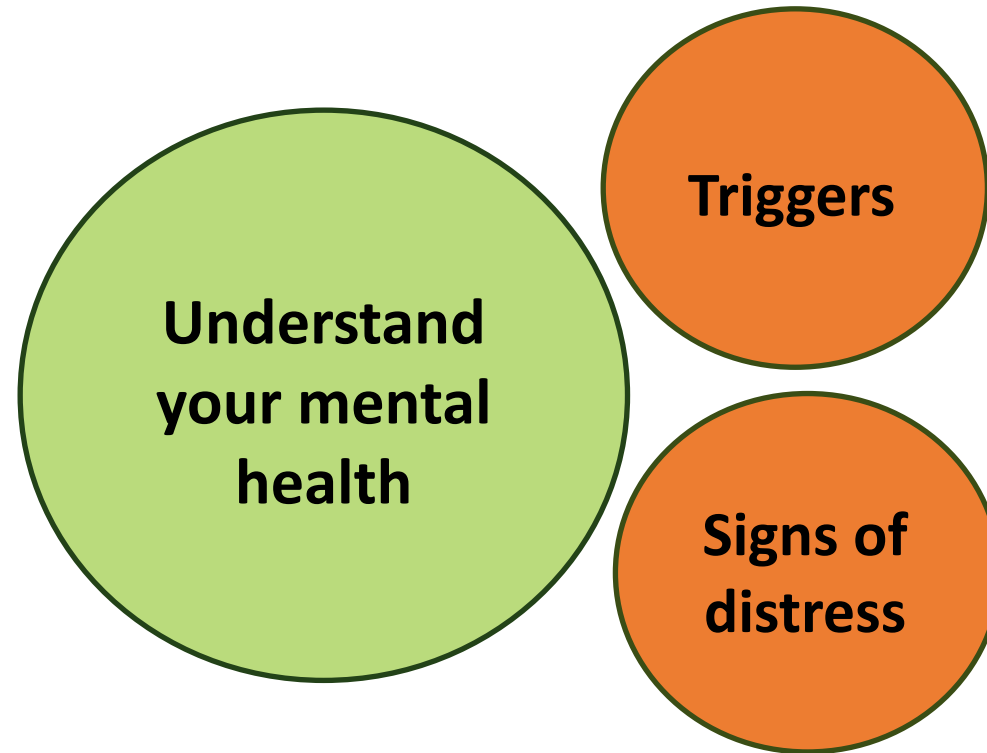
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SELF-MANAGEMENT OF MENTAL-HEALTH



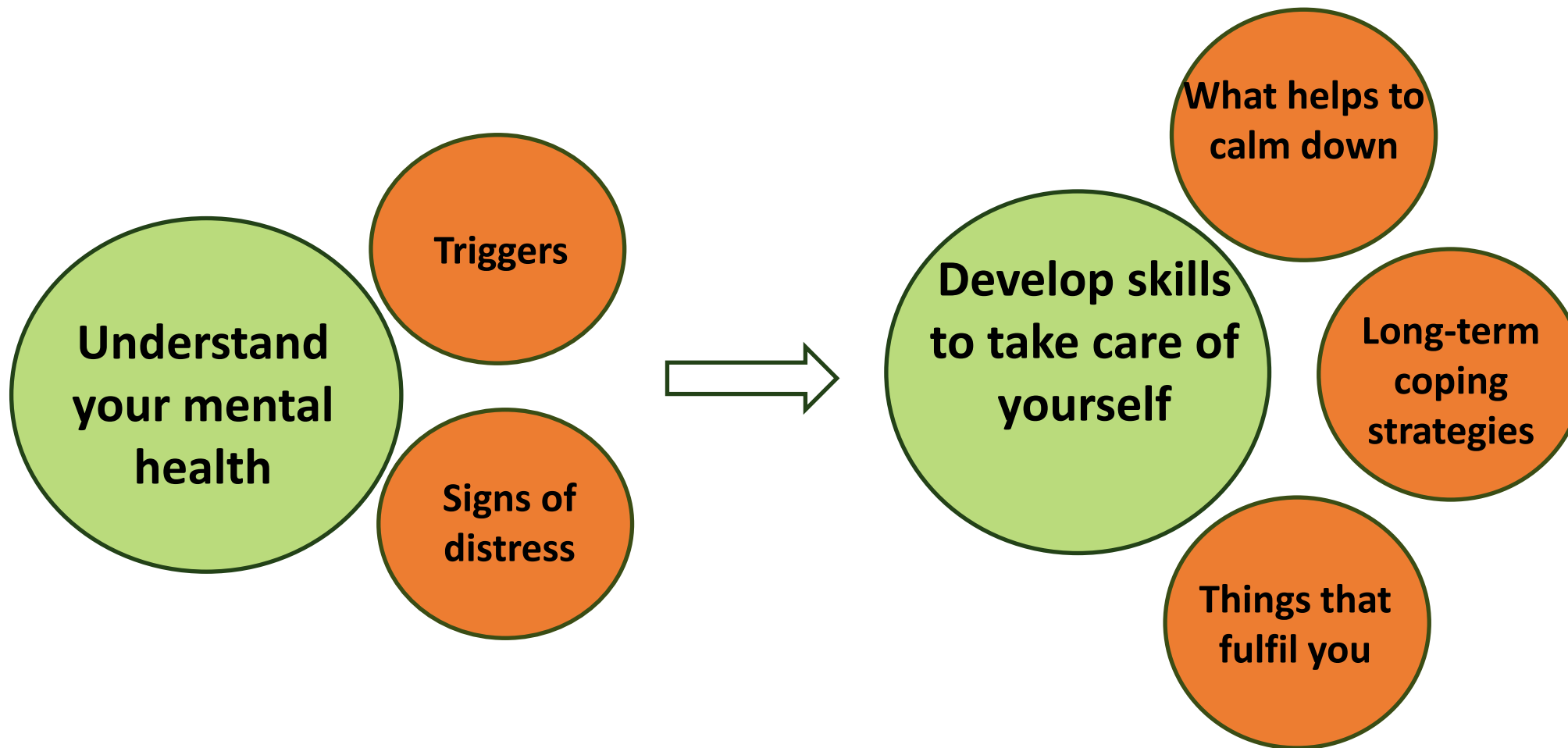
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SELF-MANAGEMENT OF MENTAL HEALTH - APPS



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THANK YOU!

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